User Guide 使用說明

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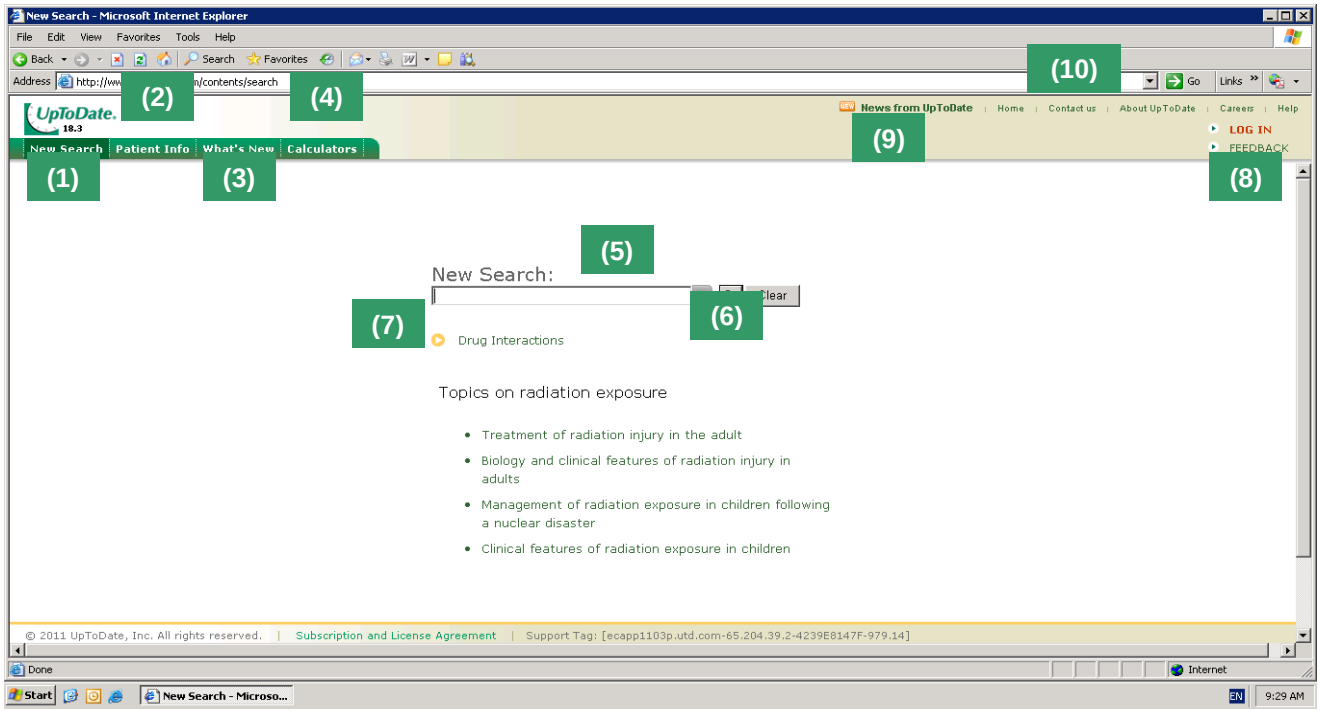
一、 以臨床問題為例說明：

How effective is long-term warfarin at preventing recurrent pulmonary embolism ?

長期使用 Warfarin 在預防肺栓塞的復發有多大的效果?

二、 主畫面說明

進入 UpToDate 即進入 UpToDate 的主畫面，如（圖一）所示：



（圖一之 1）

◎以下之說明對應於（圖一之 1）所標示之號碼

(1) New Search：檢索畫面，亦為回到主畫面之選項

(2) Patient Information：UpToDate 提供了超過 700+ Patient information
亦可於檢索區輸入欲查詢之 Patient information
例如：patient info hypertension

(3) What's New：每次新版更新時，主編們會摘選最重要的資料並以最簡要的方式呈現

(4) Calculators：目前提供 125 種試算表

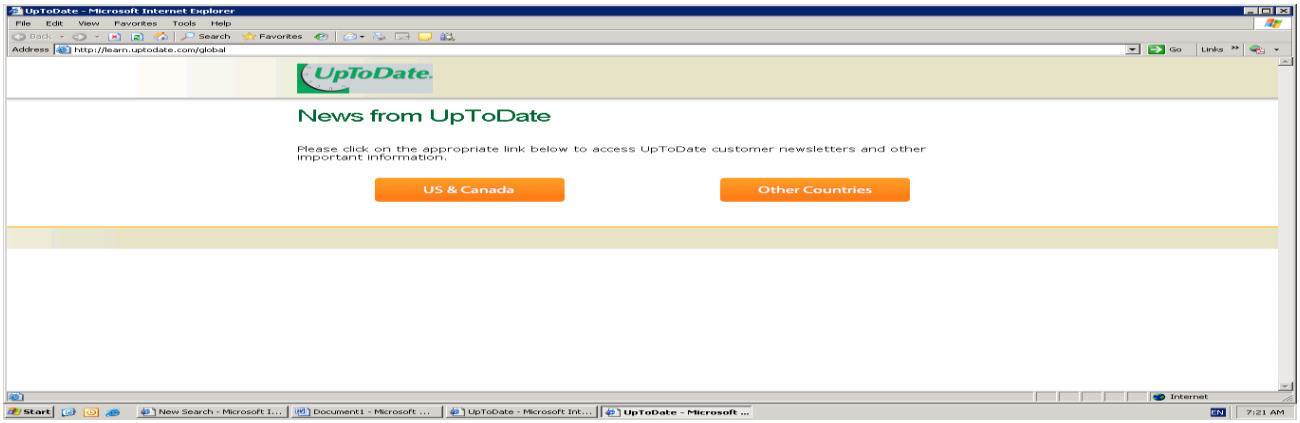
(5) New Search：指令欄/檢索區，可輸入單一關鍵字、詞句或問題

(6) Go：執行檢索

(7) Drug Interactions：Lexi-Comp 藥物交互作用模組

(8) Feedback：將您寶貴的意見 email 給 UpToDate

(9) UpToDate 最新信息佈告欄
選擇地點: 點選 Other countries (美國與加拿大以外之國家)（圖一之 2）
UpToDate 公佈之更新信息內容（圖一之 3）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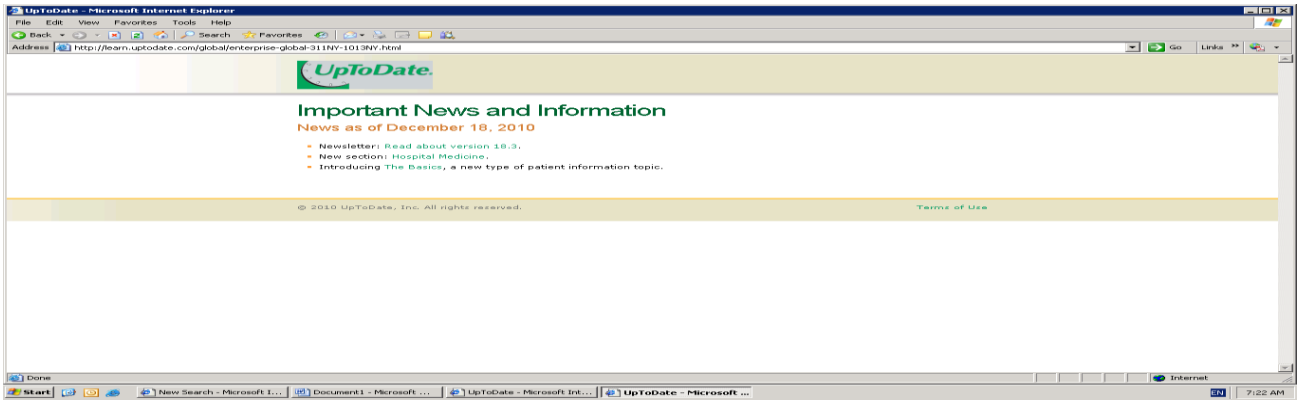
File Edit View Favorites Tools Help
Address http://learn.uptodate.com/global
UpToDate
News from UpToDate
Please click on the appropriate link below to access UpToDate customer newsletters and other important information.
US & Canada
Other Countries

(圖一之 2)


UpToDate - Microsoft Internet Explorer
File Edit View Favorites Tools Help
Address http://learn.uptodate.com/global/enterprise-global-311NY-1013NY.html
UpToDate
Important News and Information
News as of December 18, 2010
Newsletter: Read about version 18.3.
New section: Hospital Medicine.
Introducing The Basics, a new type of patient information topic.
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(圖一之 3)

(10)其他選項

Home：UpToDate Homepage

Contact us：UpToDate 聯絡資料

About UpToDate：UpToDate 內容說明

Help：線上求助

◎ <u>New Search</u> 指令欄/檢索區說明：

(1) 可輸入：病名(diseases)、症狀(symptoms)、程序(procedures)、藥名(drugs)、實驗室異常(laboratory abnormalities)

(2) UpToDate 可辨識同義字(synonyms)、縮寫(abbreviations or acronyms)以及字根(word roots)

(3) UpToDate 會自動做拼字檢查

(4) 可加入適當的關鍵字，以縮小檢索結果在特定的年齡層，例如：in adults, in children 或 in pregnancy

三、 New Search：開始檢索

(1) New Search：輸入關鍵字

a. 可直接輸入單一關鍵字、多個關鍵字、詞句或問題，如（圖二）所示。

例如：『treatment of hypertension in pregnancy』、

『warfarin and PE』(以臨床問題為例之檢索詞)

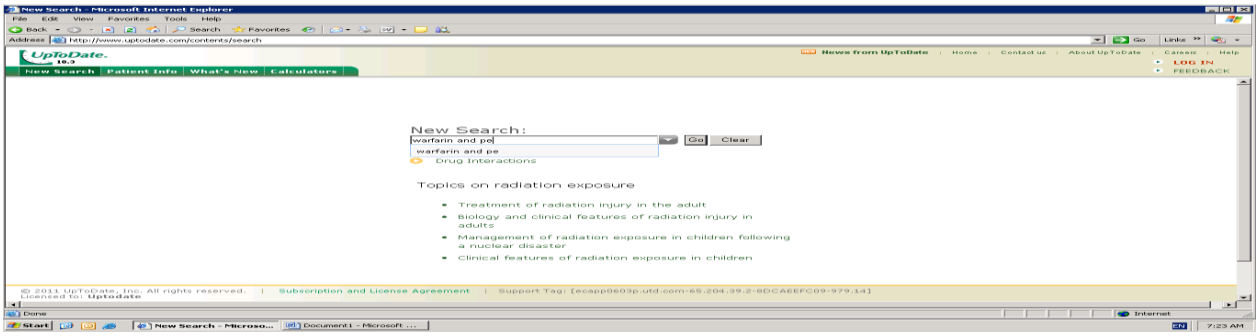
b. 檢索結果，如（圖三）所示。

上方：指令欄

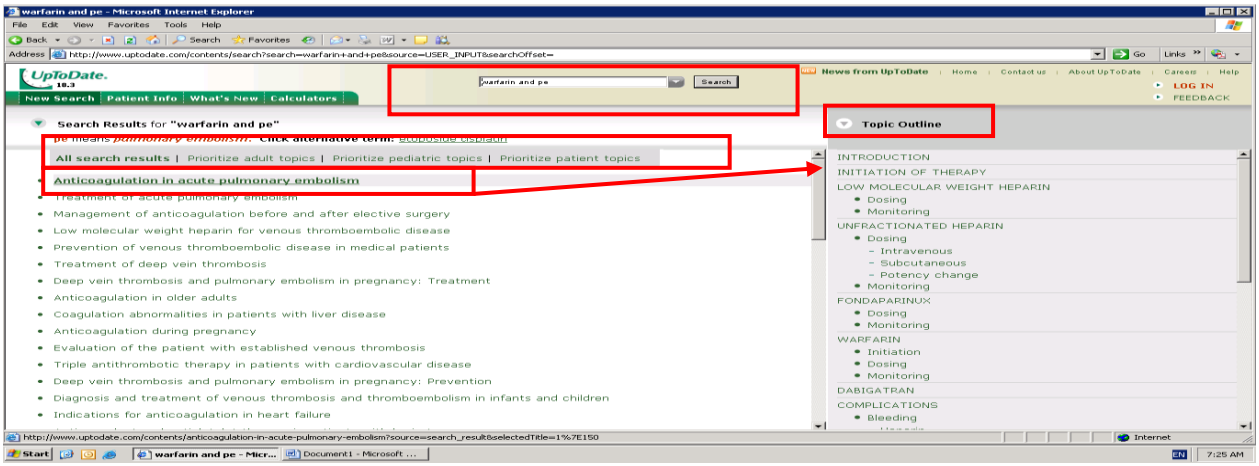
左方：檢索結果：

- 依關鍵字的相關性依序列出檢索結果；
- 亦可改變檢索結果的排列順序，將其有相關的文章排列於前，分別有 Adult topics、Pediatrics topics 以及 Patient topics，這三種選擇，如（圖三）所示；
- 一頁以 50 筆的檢索結果為上限，若超過 50 筆，頁碼列於檢索結果最下方，如（圖四）所示；

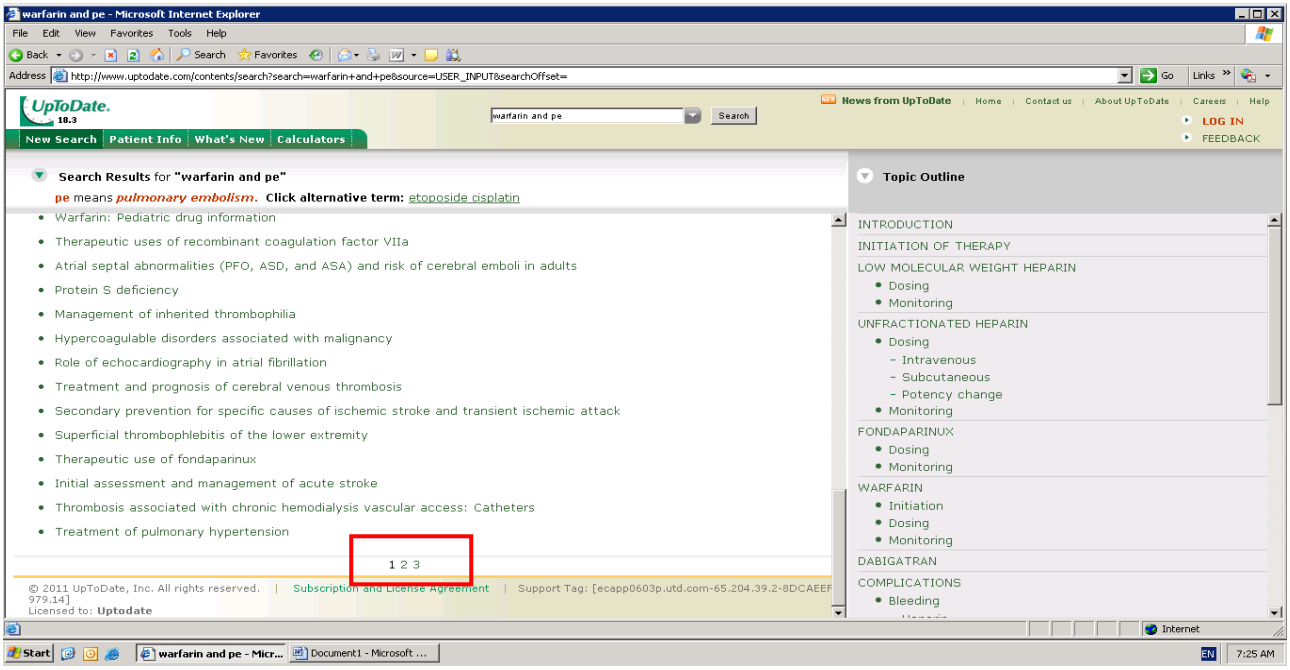
右方：Topic Outline，將滑鼠移至左方之檢索結果 Topic 的上方(不需要點選)，右方即會出現該篇 Outline 以供瀏覽



（圖二）



（圖三）


warfarin and pe - Microsoft Internet Explorer
File Edit View Favorites Tools Help
Back Search Favorites
Address http://www.uptodate.com/contents/search?search=warfarin+and+pe&source=USER_INPUT&searchOffset=
Go Links
UpToDate. 18.3
warfarin and pe
Search
News from UpToDate | Home | Contact us | About UpToDate | Careers | Help
LOG IN
FEEDBACK
New Search | Patient Info | What's New | Calculators
Search Results for "warfarin and pe"
pe means pulmonary embolism. Click alternative term: etoposide cisplatin
Warfarin: Pediatric drug information
Therapeutic uses of recombinant coagulation factor VIIa
Atrial septal abnormalities (PFO, ASD, and ASA) and risk of cerebral emboli in adults
Protein S deficiency
Management of inherited thrombophilia
Hypercoagulable disorders associated with malignancy
Role of echocardiography in atrial fibrillation
Treatment and prognosis of cerebral venous thrombosis
Secondary prevention for specific causes of ischemic stroke and transient ischemic attack
Superficial thrombophlebitis of the lower extremity
Therapeutic use of fondaparinux
Initial assessment and management of acute stroke
Thrombosis associated with chronic hemodialysis vascular access: Catheters
Treatment of pulmonary hypertension
1 2 3
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979.14]
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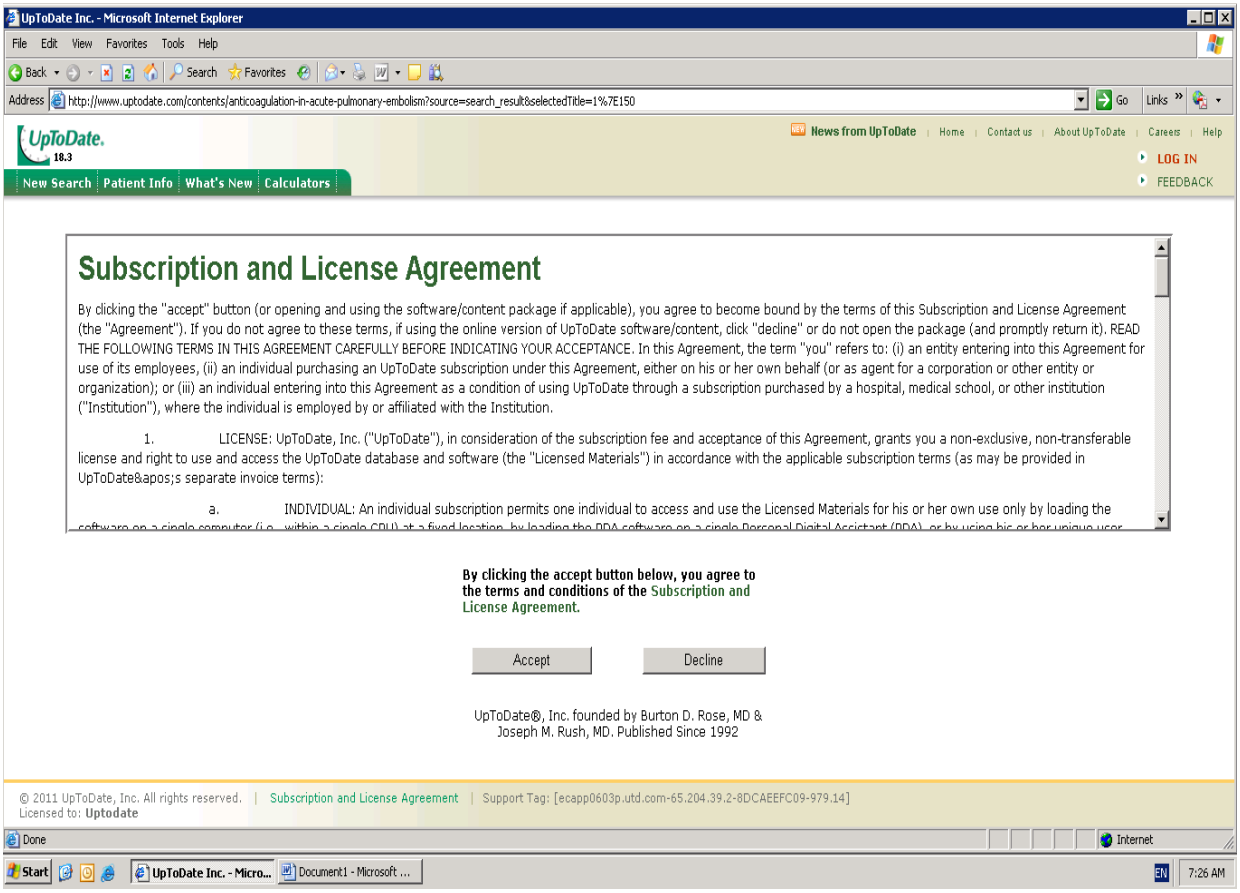
Topic Outline
INTRODUCTION
INITIATION OF THERAPY
LOW MOLECULAR WEIGHT HEPARIN
Dosing
Monitoring
UNFRACTIONATED HEPARIN
Dosing
Intravenous
Subcutaneous
Potency change
Monitoring
FONDAPARINUX
Dosing
Monitoring
WARFARIN
Initiation
Dosing
Monitoring
DABIGATRAN
COMPLICATIONS
Bleeding
Internet
Start
warfarin and pe - Micr...
Document1 - Microsoft ...
EN
7:25 AM

（圖四）

四、 版權說明頁

在每次進入 UpToDate 的檢索，第一次點選 Topic Review 時，會出現版權說明頁，如（圖五）所示，在同次檢索，再次點選其他的 Topic Review，版權說明頁之後就不會再出現。

但若關掉瀏覽器，重新檢索 UpToDate，版權說明頁會再出現在第一次點選的 Topic Review 之前。



（圖五）

五、 Topic review：全文資料

(1) Outline 目次：於畫面左方，可利用目次先尋找關鍵字，可發現問題答案所在，直接點選會連接至該段落

(2) Author/Section Editor/Deputy Editor 作者及編輯群：提供這篇 Topic review 所有參與的作者與編輯者資訊，如（圖六）所示

(3) Date 更新日期：列出本文最新被更新的日期，如（圖六）所示

(4) Reference 參考書目：如（圖七）所示；

a.本文中有參考書目之序號，點選序號，會另開視窗，顯示出 Medline Abstracts

b.可點選 Outline 處之 Reference，即列出所有本文之參考書目清單，亦列於本文末處，以綠色顯示之參考書目可帶出 Medline Abstracts

(5) Graphics 圖表：如（圖八）、（圖九）所示

a.點選圖表，則另開一視窗，顯示其圖表

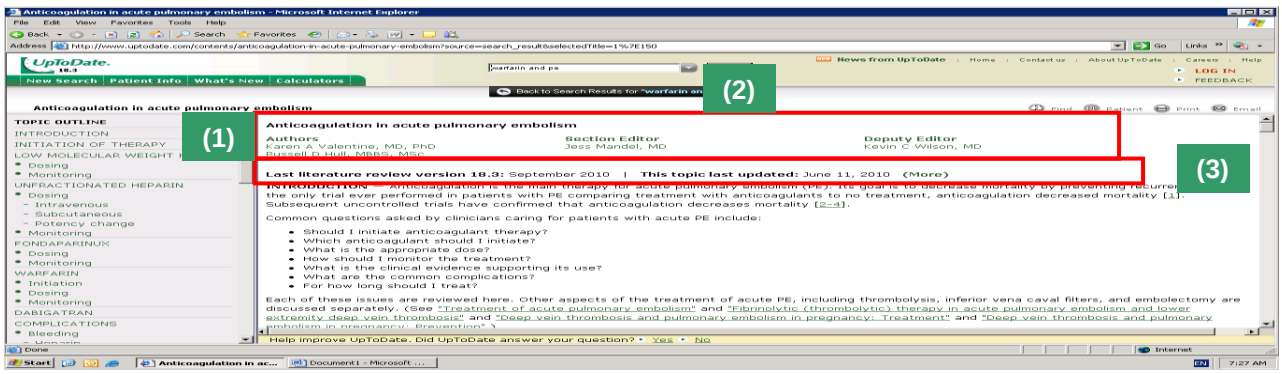
b.圖表可另外下載，利用 email、print 、Export to Powerpoint 或輸出工具列（滑鼠移至圖表上即會出現）

(6) Drug Information 藥物資訊：藥物品名以綠色字呈現，點選後會另開啟一視窗，此為 Lexi-comp 藥學資訊的詳細介紹

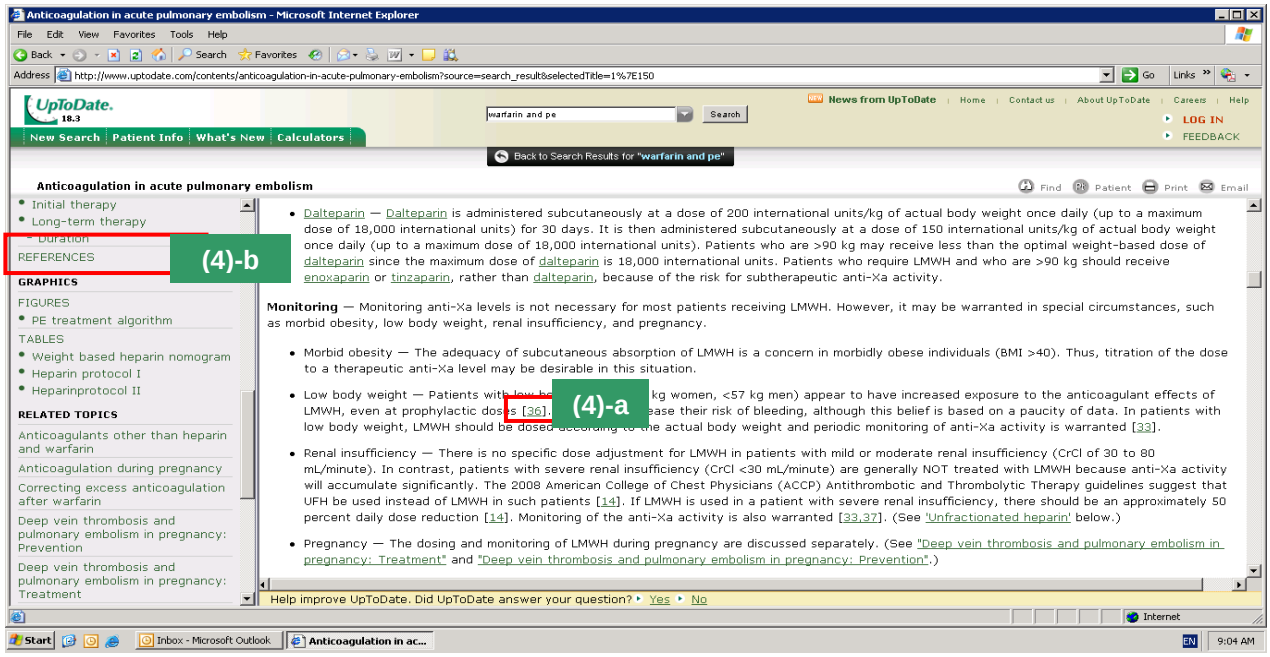
(7) Related Topics 相關文獻：提供除本文外，與 UpToDate 裡相關主題的 Topic review，直接點選可直接進入該篇 Related Topic 的全文資料

(8) Find in Topic 查找關鍵字：可利用此功能查詢出文章裡的關鍵字，如（圖十）、（圖十一）所示

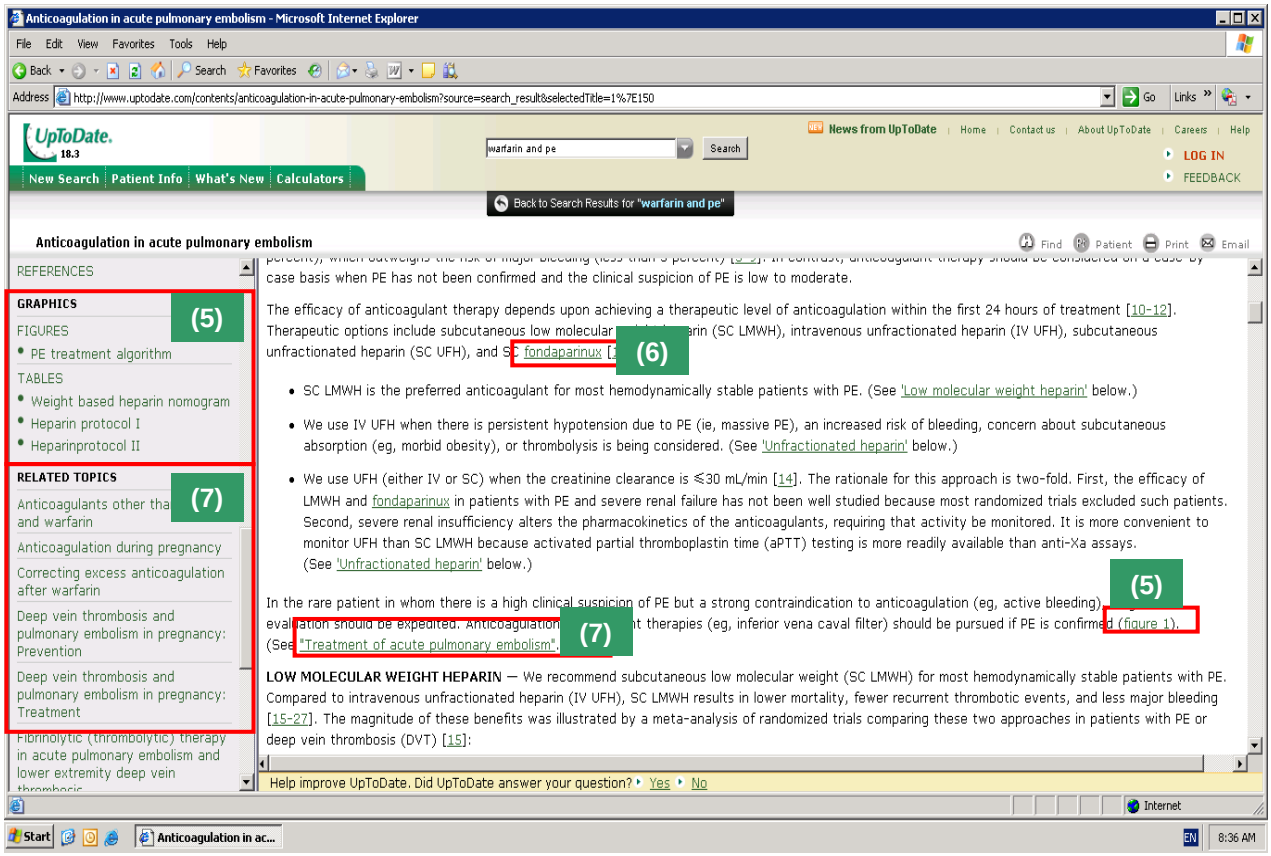
(9) Patient Info 衛教資料：若此文章有 Patient Information，點選此功能會直接顯示 Information for patients 此段落之內容



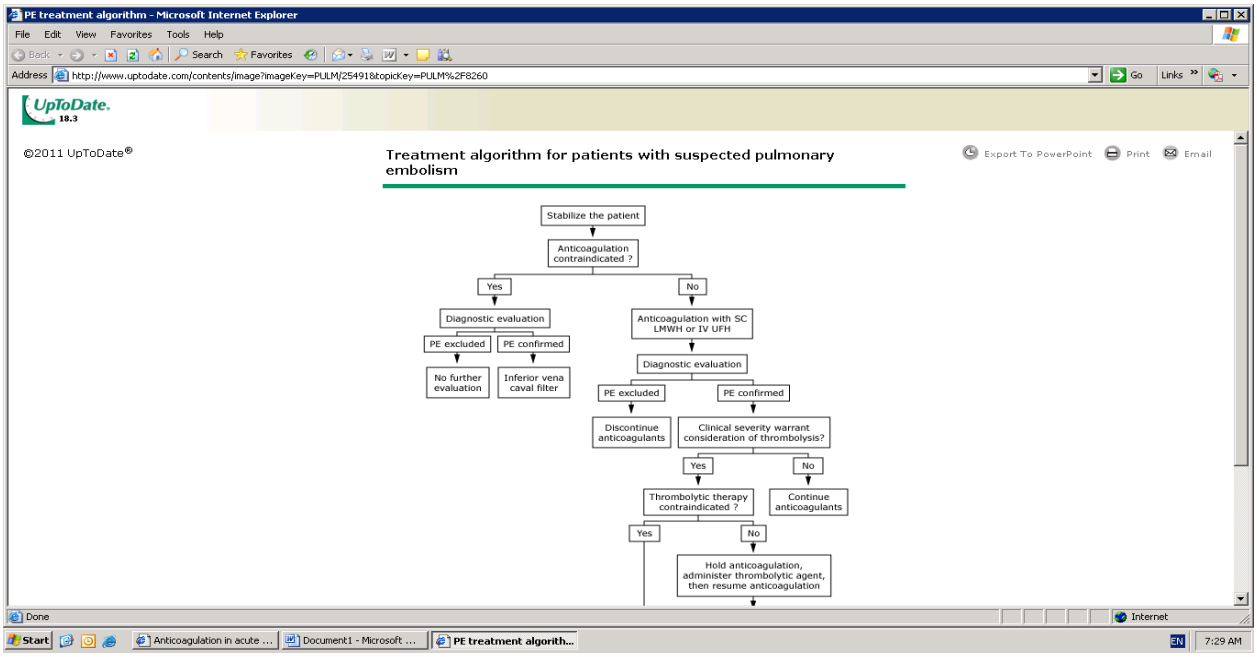
（圖六）



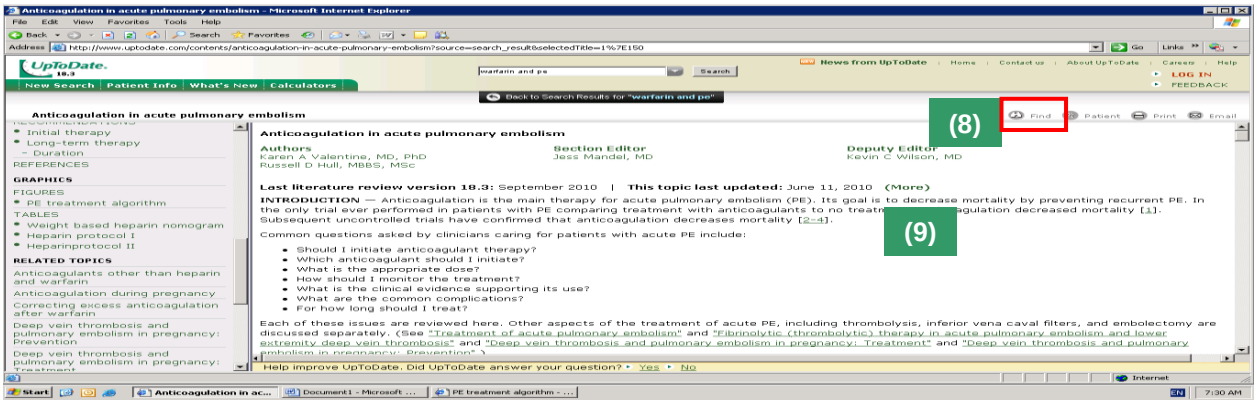
（圖七）



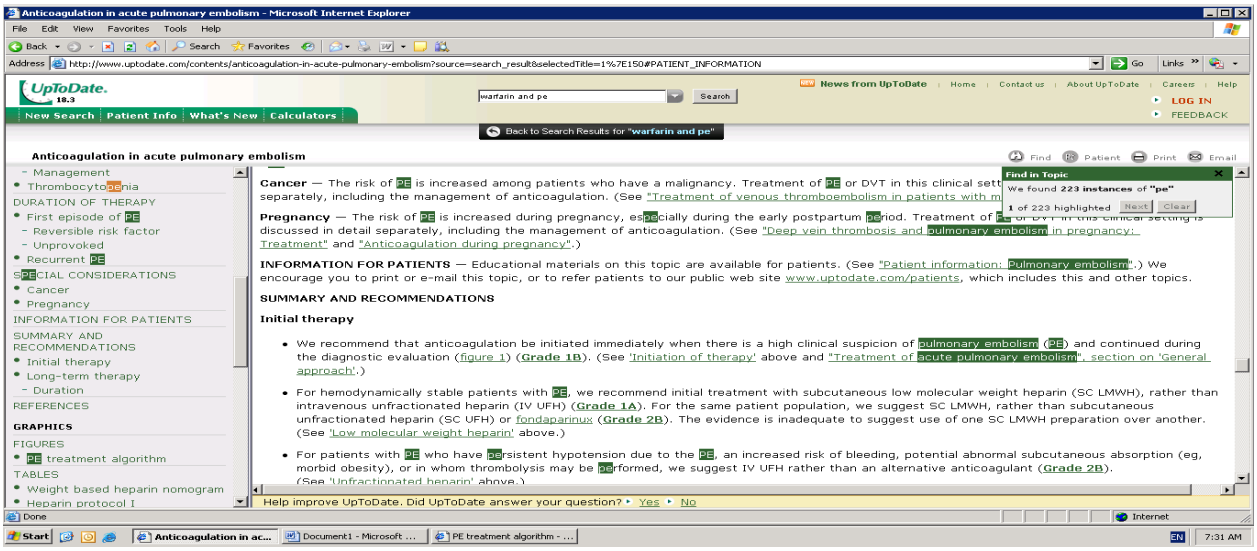
（圖八）


PE treatment algorithm - Microsoft Internet Explorer
UpToDate 18.3
©2011 UpToDate®
Treatment algorithm for patients with suspected pulmonary embolism
Export To PowerPoint
Print
Email
Stabilize the patient
Anticoagulation contraindicated ?
Yes
No
Diagnostic evaluation
PE excluded
PE confirmed
No further evaluation
Inferior vena caval filter
Anticoagulation with SC LMWH or IV UFH
Diagnostic evaluation
PE excluded
PE confirmed
Discontinue anticoagulants
Clinical severity warrant consideration of thrombolysis?
Yes
No
Thrombolytic therapy contraindicated ?
Continue anticoagulants
Yes
No
Hold anticoagulation, administer thrombolytic agent, then resume anticoagulation

（圖九）


Anticoagulation in acute pulmonary embolism - Microsoft Internet Explorer
(8)
(9)
Anticoagulation in acute pulmonary embolism
Authors
Karen A Valentine, MD, PhD
Russell D Hull, MBBS, MSc
Section Editor
Jess Mandel, MD
Deputy Editor
Kevin C Wilson, MD
Last literature review version 18.3: September 2010 | This topic last updated: June 11, 2010 (More)
INTRODUCTION — Anticoagulation is the main therapy for acute pulmonary embolism (PE). Its goal is to decrease mortality by preventing recurrent PE. In the only trial ever performed in patients with PE comparing treatment with anticoagulants to no treatment, anticoagulation decreased mortality [1]. Subsequent uncontrolled trials have confirmed that anticoagulation decreases mortality [2-4].
Common questions asked by clinicians caring for patients with acute PE include:
Should I initiate anticoagulant therapy?
Which anticoagulant should I initiate?
What is the appropriate dose?
How should I monitor the treatment?
What is the clinical evidence supporting its use?
What are the common complications?
For how long should I treat?
Each of these issues are reviewed here. Other aspects of the treatment of acute PE, including thrombolysis, inferior vena caval filters, and embolectomy are discussed separately. (See "Treatment of acute pulmonary embolism" and "Fibrinolytic (thrombolytic) therapy in acute pulmonary embolism and lower extremity deep vein thrombosis" and "Deep vein thrombosis and pulmonary embolism in pregnancy: Treatment" and "Deep vein thrombosis and pulmonary embolism in pregnancy: Prevention".)

（圖十）


Anticoagulation in acute pulmonary embolism - Microsoft Internet Explorer
Cancer — The risk of PE is increased among patients who have a malignancy. Treatment of PE or DVT in this clinical setting is discussed separately, including the management of anticoagulation. (See "Treatment of venous thromboembolism in patients with malignancy".)
Pregnancy — The risk of PE is increased during pregnancy, especially during the early postpartum period. Treatment of PE or DVT in this clinical setting is discussed in detail separately, including the management of anticoagulation. (See "Deep vein thrombosis and pulmonary embolism in pregnancy: Treatment" and "Anticoagulation during pregnancy".)
INFORMATION FOR PATIENTS — Educational materials on this topic are available for patients. (See "Patient information: Pulmonary embolism".) We encourage you to print or e-mail this topic, or to refer patients to our public web site www.uptodate.com/patients, which includes this and other topics.
SUMMARY AND RECOMMENDATIONS
Initial therapy
We recommend that anticoagulation be initiated immediately when there is a high clinical suspicion of pulmonary embolism (PE) and continued during the diagnostic evaluation (figure 1) (Grade 1B). (See 'Initiation of therapy' above and "Treatment of acute pulmonary embolism", section on 'General approach'.)
For hemodynamically stable patients with PE, we recommend initial treatment with subcutaneous low molecular weight heparin (SC LMWH), rather than intravenous unfractionated heparin (IV UFH) (Grade 1A). For the same patient population, we suggest SC LMWH, rather than subcutaneous unfractionated heparin (SC UFH) or fondaparinux (Grade 2B). The evidence is inadequate to suggest use of one SC LMWH preparation over another. (See 'Low molecular weight heparin' above.)
For patients with PE who have persistent hypotension due to the PE, an increased risk of bleeding, potential abnormal subcutaneous absorption (eg, morbid obesity), or in whom thrombolysis may be performed, we suggest IV UFH rather than an alternative anticoagulant (Grade 2B).

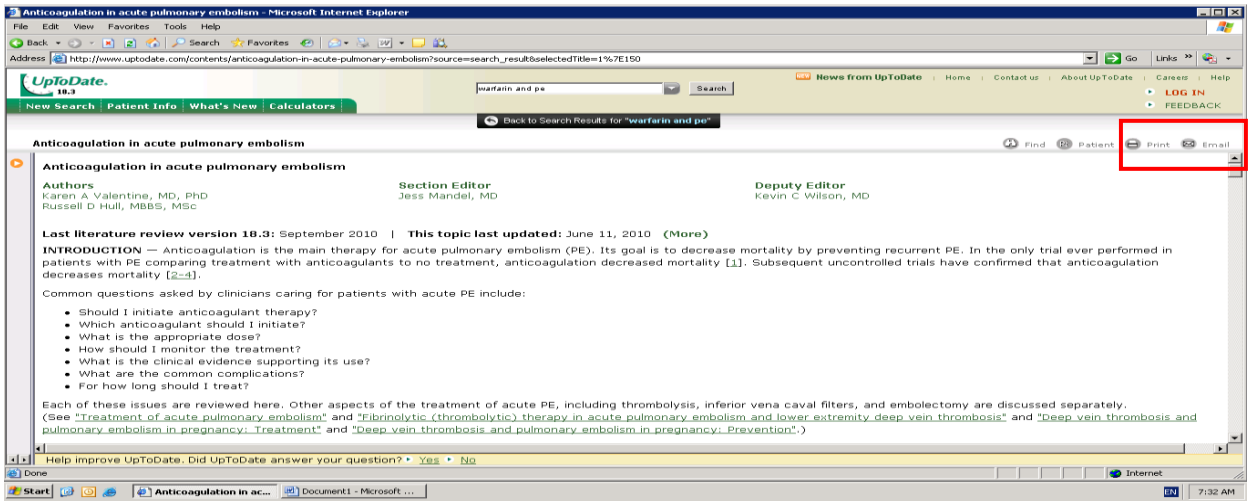
（圖十一）

六、　檢索結果輸出：如（圖十二）、（圖十三）所示。

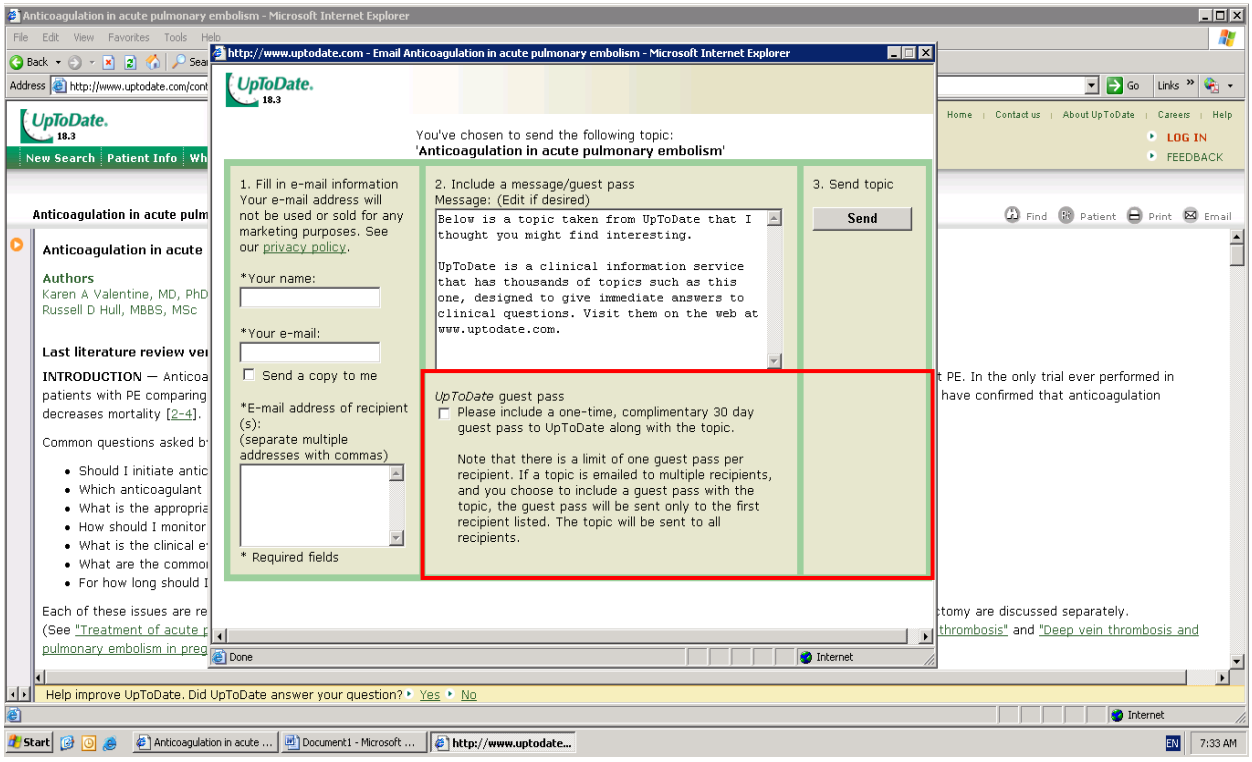
(1) Print ：調整 Topic review 呈現畫面，會將所有圖表放置於文章之後，再執行印表機功能。

(2) Email ：email Topic review，只傳送文字部份。

(3) UpToDate guest pass：可依據 email 帳號，申請一組 30 天個人之試用帳號密。一組 email 帳號只能申請一次。



（圖十二）

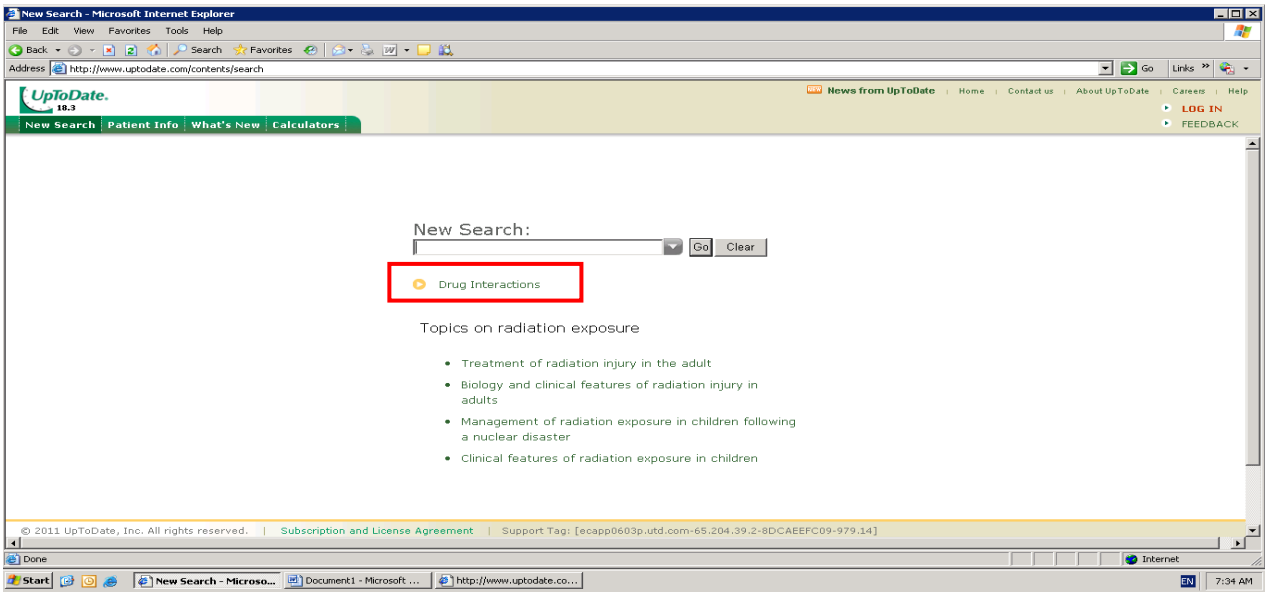


（圖十三）

七、 Drug Interactions：Lexi-Comp 藥物交互作用

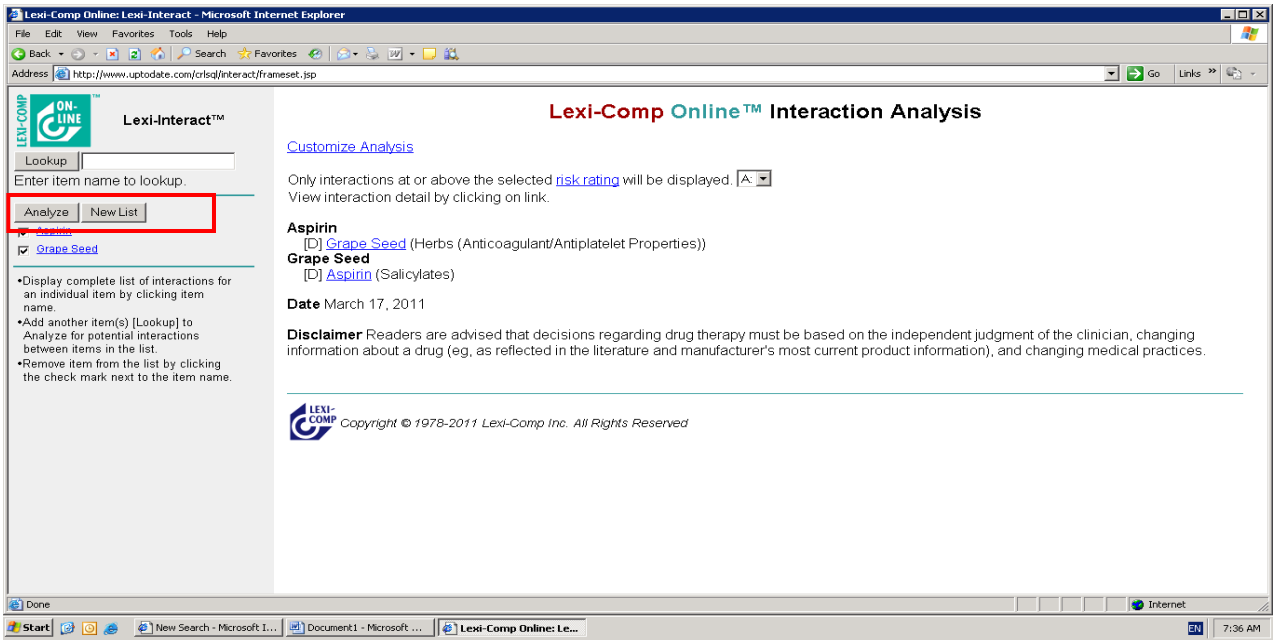
可以輸入二種以上的藥品，包含 drug-to-drug、herb-to-herb、drug-to-herb，執行並產生交互作用的結果，且有標示交互作用的等級。

(1)在主畫面的下方，直接點選：



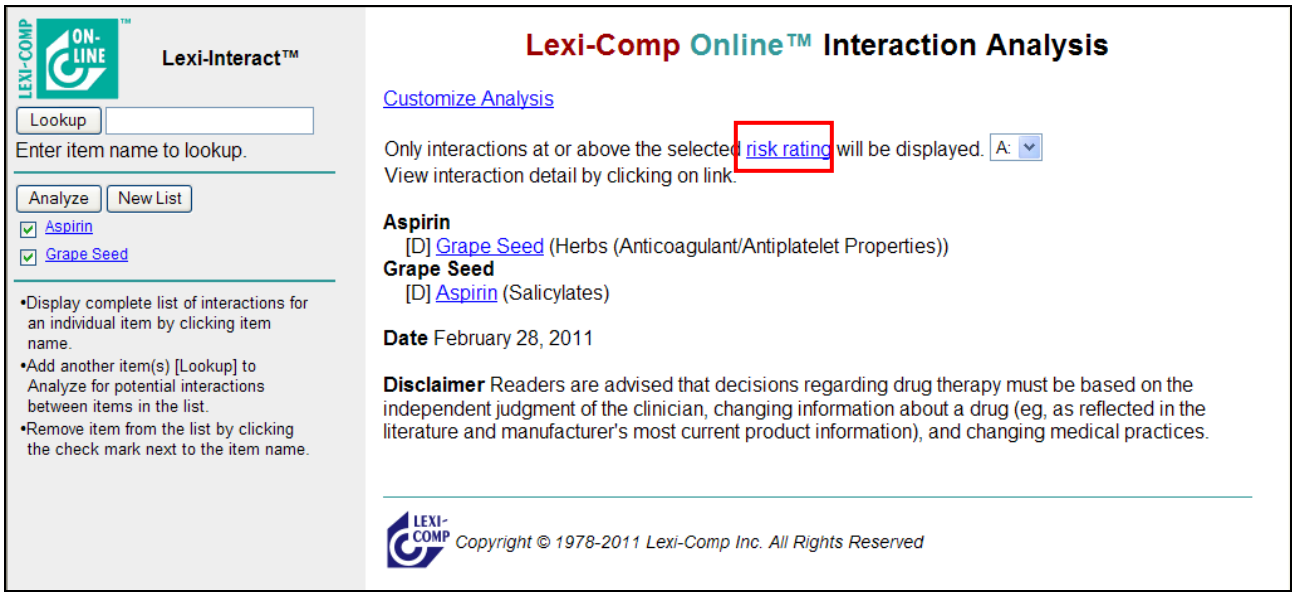
（圖十四）

(2)輸入二種欲查詢之藥品，執行「Analyze」：



（圖十五）

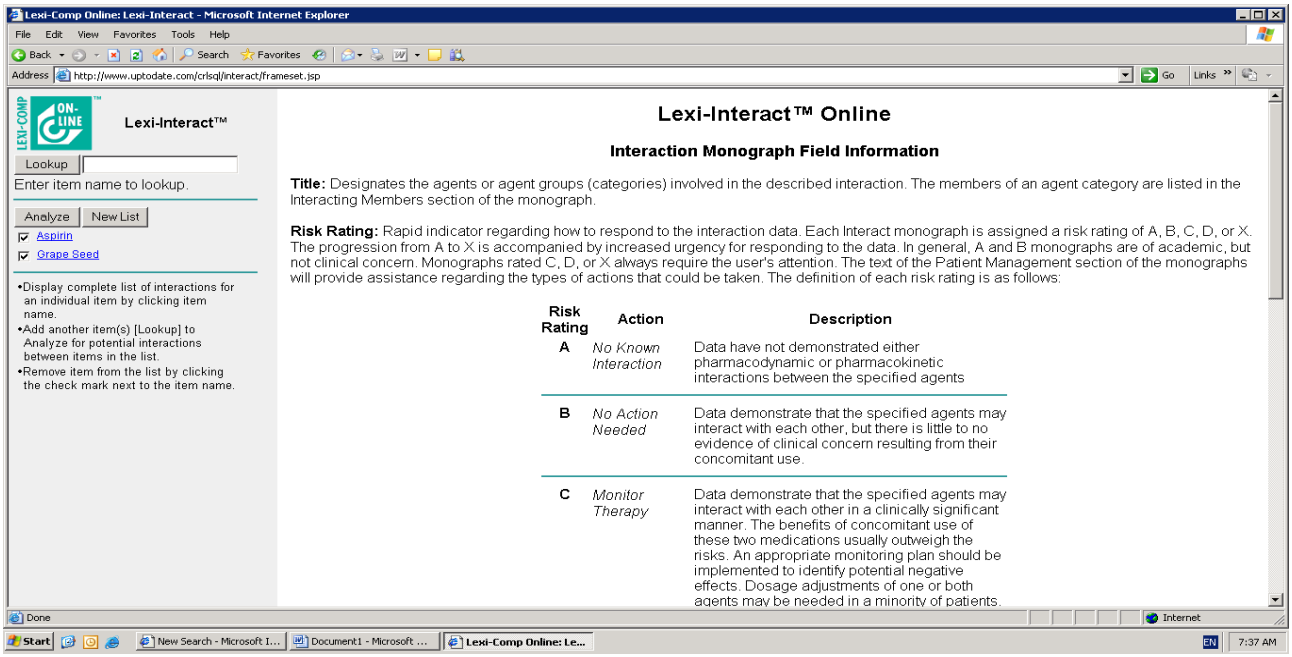
(3)右邊畫面會出現結果，『risk rating』為交互作用的等級說明：



（圖十六）

(4)『Risk Rating』說明如下：

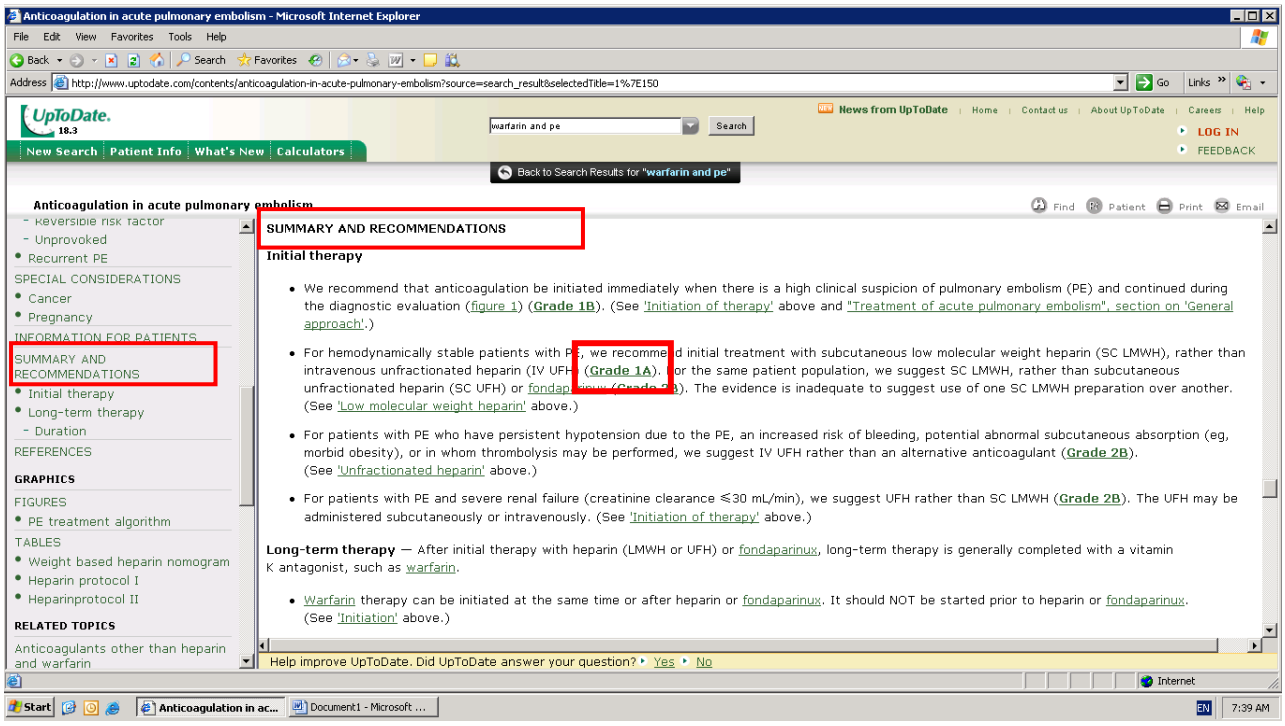
Risk Rating 分成五個等級，分別是：A、B、C、D、X。



（圖十七）

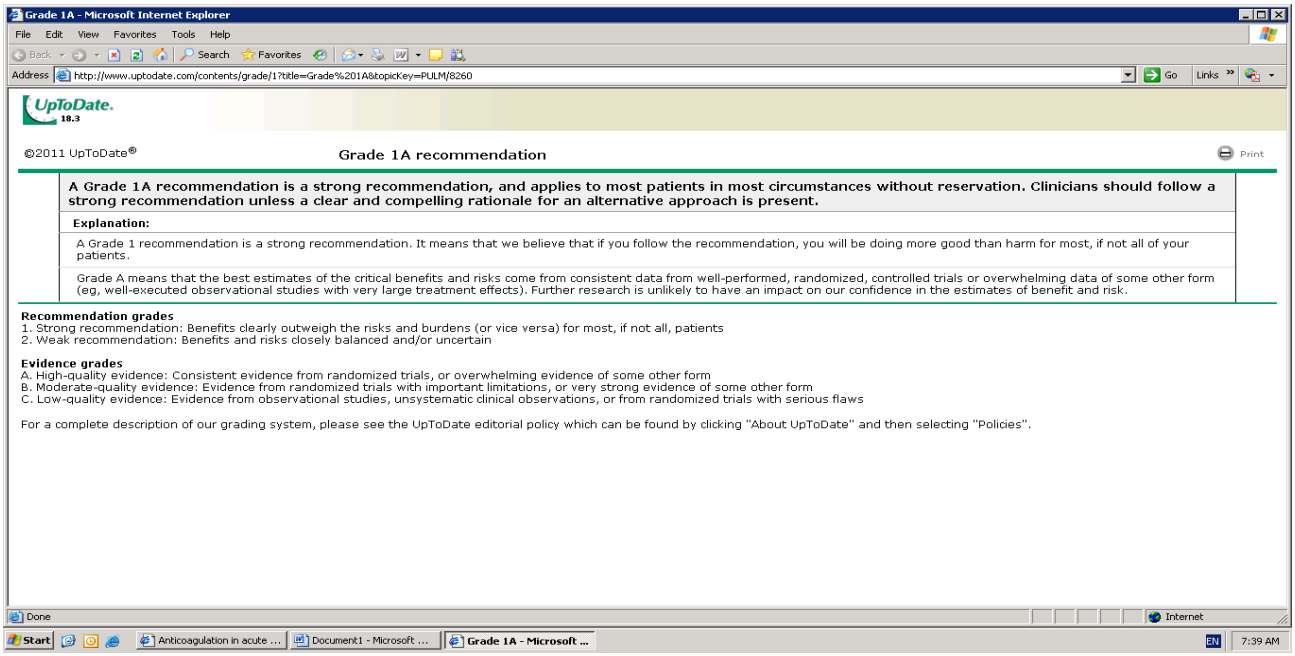
八、 Evidence Grading：證據等級

位於 Topic review 目次中的 Recommendations 的這個段落裡：如（圖十八）所示。


Anticoagulation in acute pulmonary embolism - Microsoft Internet Explorer
UpToDate.
18.3
New Search
Patient Info
What's New
Calculators
Back to Search Results for "warfarin and pe"
Anticoagulation in acute pulmonary embolism
SUMMARY AND RECOMMENDATIONS
Initial therapy
Long-term therapy — After initial therapy with heparin (LMWH or UFH) or fondaparinux, long-term therapy is generally completed with a vitamin K antagonist, such as warfarin.
Help improve UpToDate. Did UpToDate answer your question? Yes No

（圖十八）

亦可點選 Evidence Grading，如上圖所示之 (Grade 1A) ，會跳出說明視窗，如（圖十九）所示。


Grade 1A - Microsoft Internet Explorer
UpToDate.
18.3
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Grade 1A recommendation
A Grade 1A recommendation is a strong recommendation, and applies to most patients in most circumstances without reservation. Clinicians should follow a strong recommendation unless a clear and compelling rationale for an alternative approach is present.
Explanation:
A Grade 1 recommendation is a strong recommendation. It means that we believe that if you follow the recommendation, you will be doing more good than harm for most, if not all of your patients.
Grade A means that the best estimates of the critical benefits and risks come from consistent data from well-performed, randomized, controlled trials or overwhelming data of some other form (eg, well-executed observational studies with very large treatment effects). Further research is unlikely to have an impact on our confidence in the estimates of benefit and risk.
Recommendation grades
1. Strong recommendation: Benefits clearly outweigh the risks and burdens (or vice versa) for most, if not all, patients
2. Weak recommendation: Benefits and risks closely balanced and/or uncertain
Evidence grades
A. High-quality evidence: Consistent evidence from randomized trials, or overwhelming evidence of some other form
B. Moderate-quality evidence: Evidence from randomized trials with important limitations, or very strong evidence of some other form
C. Low-quality evidence: Evidence from observational studies, unsystematic clinical observations, or from randomized trials with serious flaws
For a complete description of our grading system, please see the UpToDate editorial policy which can be found by clicking "About UpToDate" and then selecting "Policies".

（圖十九）

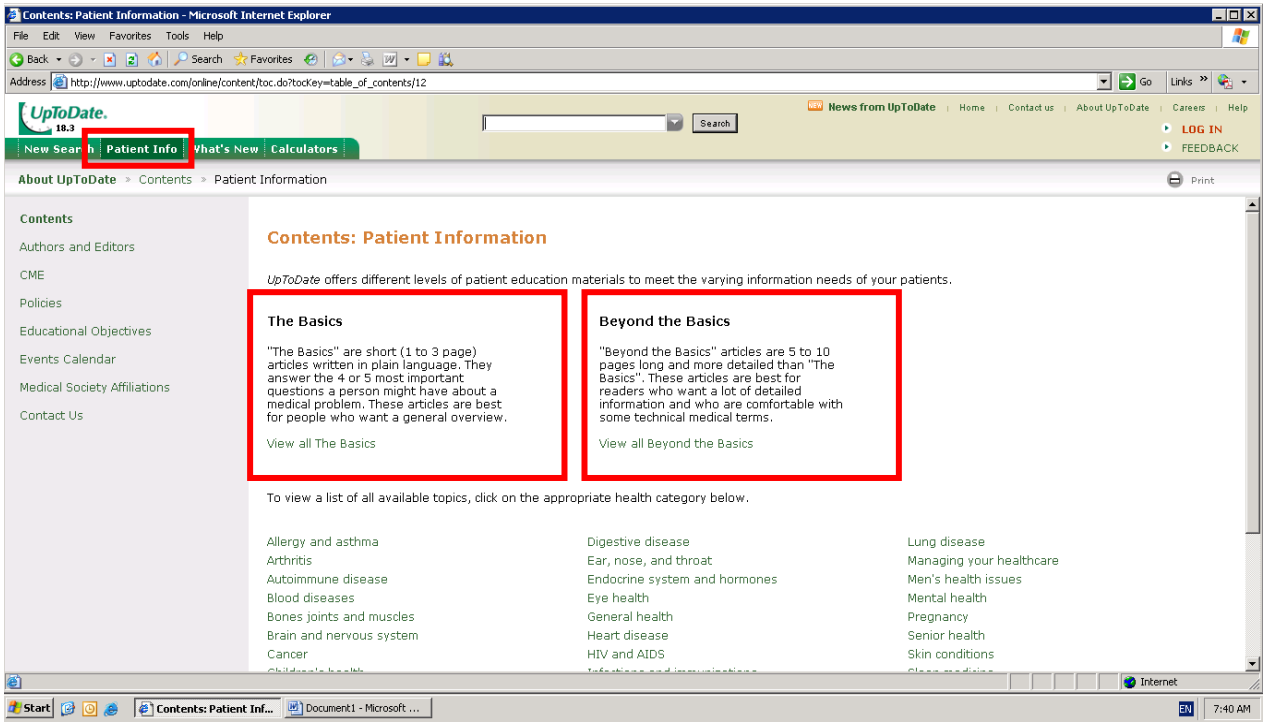
註：目前並未全部都有 Evidence Grading

Patient Information 衛教資料

Patient Information 提供二種版本

The Basics： 以一至三頁為主，回答四到五個最重要的問題，並使用較多的圖表來呈現。

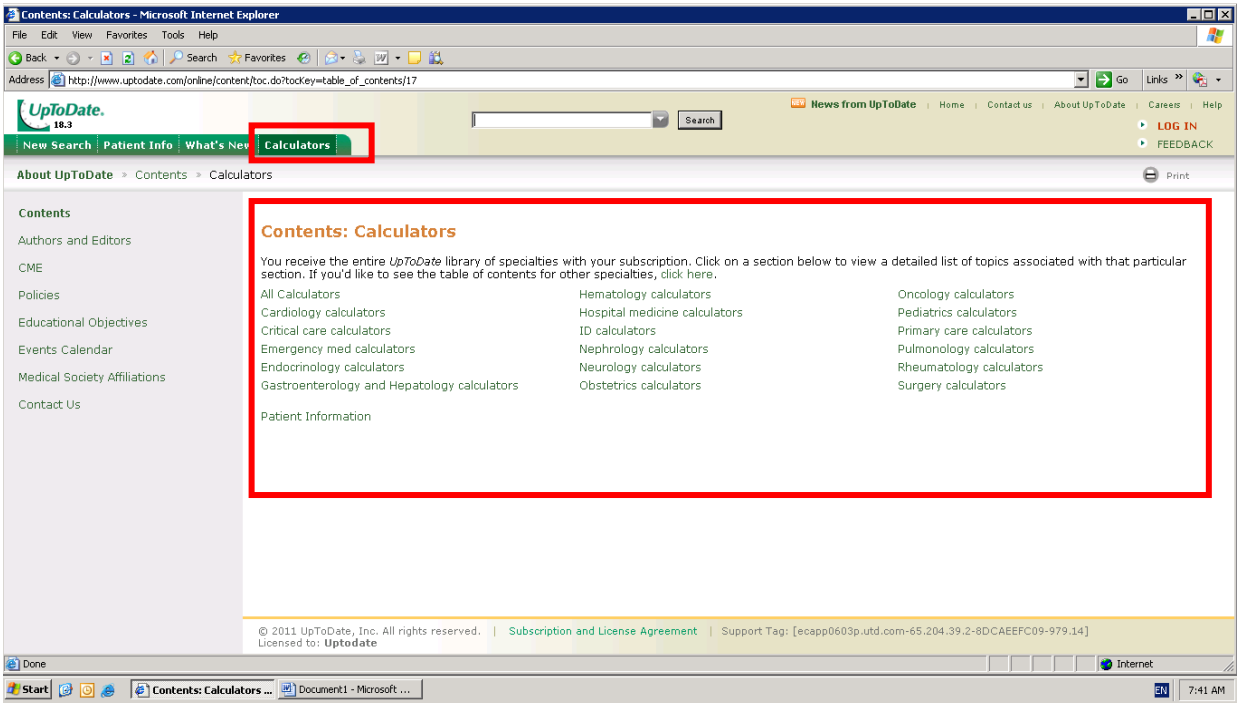
Beyond the Basics：五至十頁，為比”The Bascis”版本較詳細的內容，並使用一些醫學專有名詞來解釋。



（圖二十）

九、 Calculators ：試算表

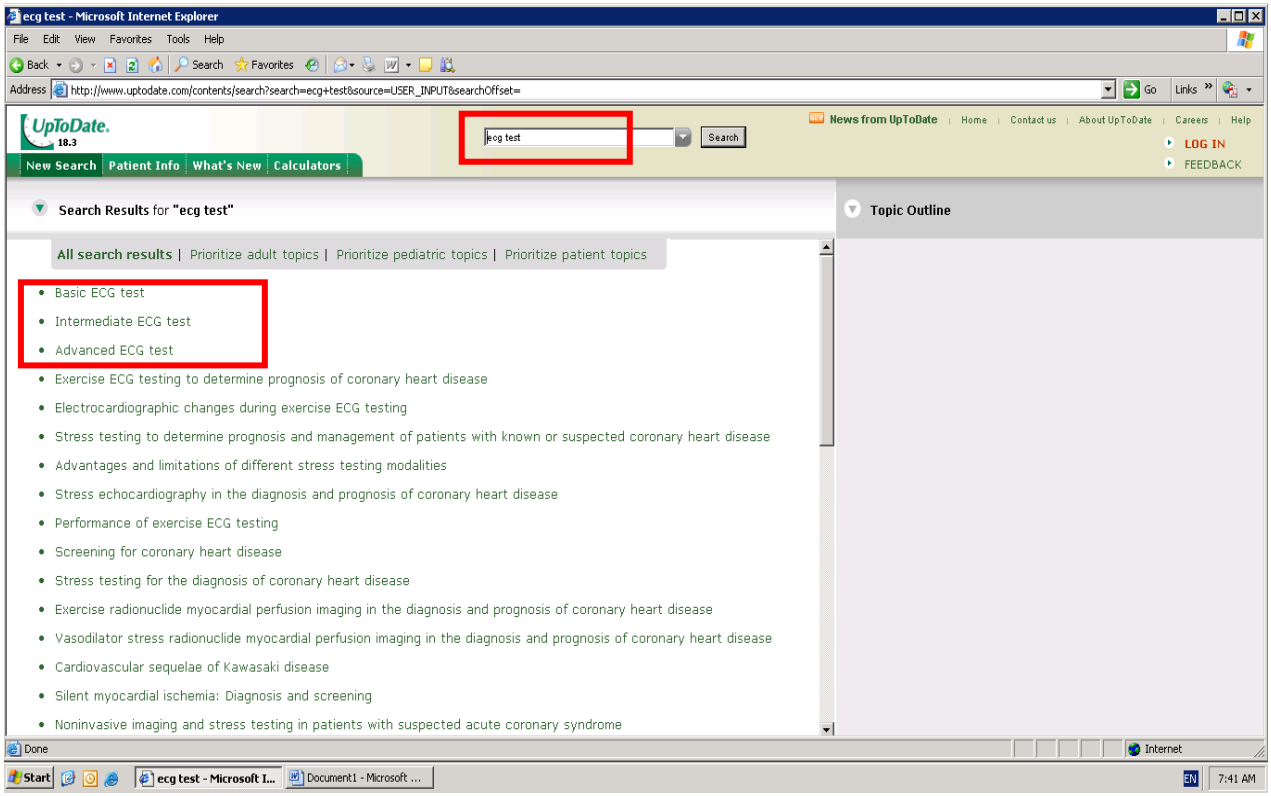
UpToDate 目前提供了 125 種的試算表，直接點選 Calculators 的頁面選項，會先列出科別，進一步點選後，會再列出相關的試算表，如（圖二十）所示：



（圖二十一）

十、 ECG Test ：心電圖自我測驗

UpToDate 目前提供了 3 級的自我測試，分別為初級、中級、高級，只需要在檢索區裡鍵入 ECG Test，檢索結果裡第一筆（Basic ECG test）、第二筆（Intermediate ECG test）和第三筆（Advanced ECG test）即為心電圖自我測試，如（圖二十二）所示：



（圖二十二）